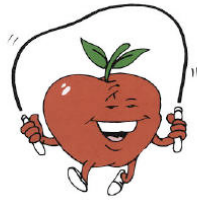


January 13, 2009



Today we are leaping into our next science unit, Healthy Habits. This unit encompasses nutrition, hygiene and exercise. We will spend a considerable amount of time learning about the five food groups. We will discuss dental health and appropriate hand washing habits. We will also engage in some exercise throughout the unit.

The learning goals of the unit are as follows:

- *Students will be able to name the five food groups and explain what each group does for their body.
- *Students will be able to create a healthy meal or snack.
- *Students will be able to explain why it is important to wash their hands, brush their teeth and exercise.

The vocabulary your child is expected to know is:

Essential-Milk/Dairy Group, Grain Group, Meat Group, Vegetable Group, Fruit Group,

Important-energy, exercise, hygiene, germs, healthy, nutrition

Helpful to know-carbohydrate, calcium, protein, fat, calories, sugar, diet

Please encourage your child to bring a healthy snack to school each day to help reinforce the unit. The students always have fun deciding what food group their snack goes in, and what benefit their snack provides to their body.

Sincerely,
Mrs. Pfeiffer